DESIGNS BY
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Cherished Teddies™

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Pat

LESSON NUMBER ONE

by

Priscilla Hillman

Photo: The Stitchery Magazine

See "Stitches That Count" by Pat Carson in **The Stitchery Magazine**. Subscription information call (770) 825-0303, ext. 112 or write The Stitchery Magazine, P.O. Box 2507, Norcross, GA 30091-2507.

Note: Wavy lines (ᔓᔓ) on chart indicate regular backstitch in a different color.

Backstitch in order given:
Backstitch eyes, noses and mouth in 801.
Backstitch "PC" in 597.
Backstitch needle on floor in silver metallic in a long stitch.
Backstitch "PH" in 3326.
Backstitch pink heart (unless Glass Treasure is used) on dress, ribbon and bow (excluding ᔓᔓ) in 335.
Backstitch bonnet (excluding ᔓᔓ) in 3809.
Backstitch heads (including ᔓᔓ), foot on left and foot on right (excluding ᔓᔓ) in 434.
Backstitch necklace of bear on right in gold metallic, using 2 long stitches.
Backstitch yellow heart, bows and ribbons (excluding ᔓᔓ) in 782.
Backstitch patch in 3809.
Backstitch arms and hands (excluding ᔓᔓ) in 434.
Backstitch blue hoop in 3809.
Backstitch fabric in 436.
Backstitch pink dress (including ᔓᔓ) and pink hoop in 335.
Backstitch turquoise dress (including ᔓᔓ) in 3809.
Backstitch remainder of bears in 434.

88
Design Area: 120

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LESSON NUMBER ONE

	DMC	Color
·	White	White
⊂	776	Pink - Med.
●	3326	Rose - Lt.
▽	899*	Rose - Med.
ℓ	744	Yellow - Pale
\	743	Yellow - Med.
○	754	Peach - Lt.
⊆	353	Peach
ɜ	712	Cream
–	739	Tan - Ultra Vy. Lt.
×	738	Tan - Vy. Lt.
/	436	Tan
z	433	Brown - Med.
▲	801	Coffee Brown-Dk.
∩	598	Turquoise - Lt.
6	597	Turquoise
+	535	Ash Grey - Vy. Lt.

Backstitch:

335	Rose
782	Topaz - Dk.
434	Brown - Lt.
3809	Turquoise - Vy. Dk.

DMC Metallic Thread

**283Z	Silver
282Z	Gold

Note: Use short lengths of metallic thread and stitch with one strand in the needle (3-ply, do not separate).

Glass Treasures

12073*	Pink (899)
12075	Yellow (282Z)

*Attach pink Glass Treasure heart with 899 floss where marked •. **Do not stitch heart; stitch in white.** If not using Glass Treasure stitch heart in 899.

Attach yellow Glass Treasure heart with 782 floss where marked • after stitching heart.

**Note:* To stitch needle in bears hand, stitch eye of needle, then go down at • coming up at • on top of hand. Finish with a long stitch. (Optional - add a real needle entering at • on bottom of hand and coming up at • on top of hand.)

Special Note: Thread needle with 899 floss and come up at • next to bottom of stitched heart in hoop. Run floss loosely through eye of stitched or real needle in bear's hand and allow a small amount to hang loosely from needle giving appearance bear is stitching.

Note: Add loose thread through floss labels (1) 3809, (2) 597 and (3) 899 to look like skeins of floss.

Add a little white stitch to eyes with 2 strands where marked ().

My special thanks to Priscilla for this lovely design and for her friendship.

Pat

Shaded area indicates last two rows stitched on previous page.

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COUNTED CROSS STITCH BASIC INFORMATION

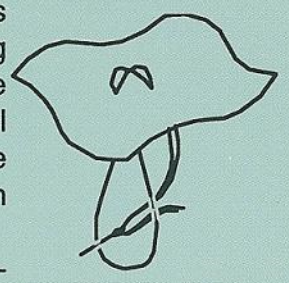
To keep the fabric from raveling you have 3 choices; 1) whip around the edges with floss or sewing thread, 2) zig-zag stitch on the sewing machine, 3) use liquid Fray-Check. We do not recommend using tape.

To center the design on the fabric, fold the fabric in half from side to side and from top to bottom. Do not crease the fabric as it can be difficult to remove the crease. Pinch the center where the two folds meet and baste center lines or mark with a pin. If you baste, use a light color. A dark color can leave marks on the fabric. Find the center of your chart by following the arrows around the edges of the chart. Each square on the chart represents a square on the fabric. From the center count up to the top row of the design, then count left to your starting place.

Place the fabric in a hoop and gently pull around the edges of the fabric until the fabric is tight in the hoop. If you are left-handed, put the screw mechanism at the "two o'clock" position to keep your floss from becoming tangled in the screw as you stitch. If you are right-handed, place the screw mechanism at the "10 o'clock" position. Use a plastic hoop and be sure to wash it often in warm soapy water to prevent "hoop marks" on the fabric. Never leave your hoop on your project when you are not working on it. Avoid hand lotion when your are stitching.

To separate the floss strands, hold all six strands between thumb and forefinger and pull one strand out with the opposite hand. If you are using 2 strands, remove them one at a time and then put the 2 strands together for the neatest appearance of your stitching.

Never use knots! There are two ways to begin a new thread; 1) Hold an inch of thread behind the fabric and secure it with the first few stitches, or 2) begin with the loop method. The loop method is used with any even number of strands. For this design you would take 1 24" strand of floss and fold it in half. Put both ends through the needle and let the "loop" end hang lowest. Make your first half stitch and return to the back of the fabric. Pass through the loop and pull to bring it close to the fabric. This anchors the thread. Knots make a bump that can be seen on the finished project from the front.



To avoid distorting the fabric, use a stab-stick method when using a hoop. Place the needle in the fabric from behind, pull it through, place it in the fabric from the front, pull it through. The same hole of fabric is often used for more than one stitch.

If your floss becomes twisted, just drop your needle and let it unwind. Floss appears thinner when it is twisted and does not cover as well. Pat drops her needle to untwist the floss every 2 or 3 stitches. You can also give the needle a twist in your fingers after every stitch, if you prefer.

To end the thread, run the needle under three to five stitches on the back of your project and cut close.

Needles should not be left in the project when you are not working on it. No matter how good the quality of the needle may be, in time it may rust.

Avoid carrying the thread across unworked fabric to another area of the same color as it may show from the front of the work. End the thread and start again.

The completed project should be washed using Easy Wash or another mild soap. Rinse well in cold water. Roll the wet project in a terry cloth towel. Do not wring. Press with a hot iron (Pat puts a white pressing cloth over her piece . . .just in case!) with right side face down on a terry cloth towel. The loops in the towel help your stitches to "pop up". Be sure the entire piece of fabric is **completely dry** after ironing. Do not leave your project in the wet towel overnight. Cotton fabric takes on its own natural shape and wrinkles are hard to get out when dry.

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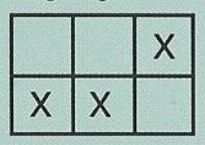
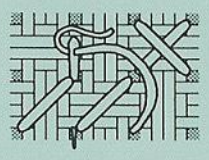
CROSS STITCH INSTRUCTIONS

FULL CROSS STITCH

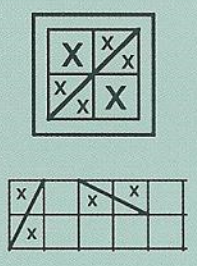
Be sure that all of your stitches lie in the same direction. Bottom stitches should lie from bottom left to upper right and top stitches from bottom right to upper left. Work the stitches from the bottom to the top of the stitch, from left to right, then cross them as you work from right to left, still coming up at the bottom of each stitch and going down at the top.

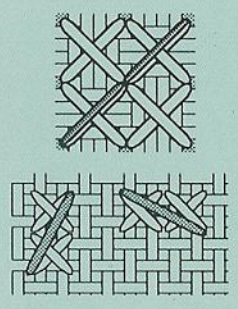




SYMBOL WITH BACKSTITCH

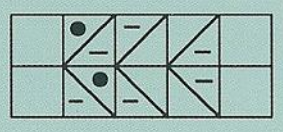
When there is a backstitch over one or two squares and the symbol is the same on either side of the backstitch, make a full cross stitch in that square. Add the backstitch last in the color indicated in the instructions.



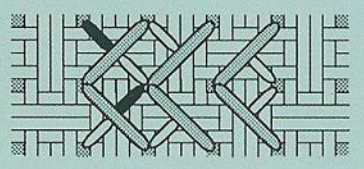


1/4 STITCH

1/4 stitches on your chart:



1/4 stitches on fabric:



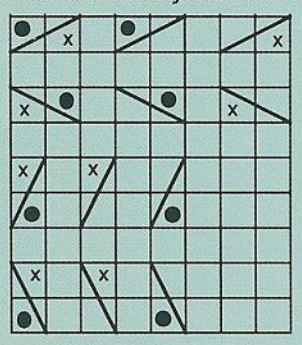
Helpful Hints:

1. Stitch from corner to center using the color indicated by the symbol.
2. Backstitch last in the color indicated in the instructions.

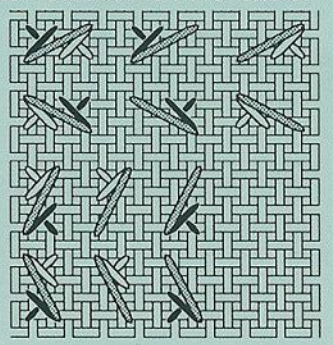
Special Note: If there are *NO* backstitch instructions given, stitch the backstitch line in the color most predominant in that area of the design.

3/4 STITCH

3/4 stitches on your chart:



3/4 stitches on the fabric:



Helpful Hints:

1. Add the backstitch last in the color indicated in the instructions.
2. If the symbols are different on either side of the backstitch or there is a symbol on just one side of the backstitch, this will indicate that 3/4 stitches should be used in the color indicated by the symbol as shown above.

BACKSTITCHING INSTRUCTIONS

Backstitching (BS) is a part of some designs as outline or as lettering. The purpose of the backstitch is to form a continuous line with each stitch touching. It may travel in any direction.